Salish Behavioral Health
Administrative Services Organization

Oath of Confidentiality: I agree not to divulge, publish, or otherwise make known to unauthorized persons any information that would identify a person receiving behavioral health services obtained in the performance of my duties as one of the following: employee, elected official, advocate, provider, committee member or meeting attendee of the Salish Behavioral Health Administrative Service Organization.

Salish FYSPRT Monthly meeting Agenda

Mondy, September 25th, 2025, 3-5pm

Agenda	Information	Notes/Action items
Welcome/Introductions	What is your favorite activity for calming yourself down?	
Community updates	• Good news shares • Please share any events, activities, or updates with the group	• OBHA forum- Healing Centered Care • Poulsbo Pride
Upcoming Events	• September Monthly meeting is in person • October Family Fun Event	• Questions about upcoming meetings • More information was shared about the family fun event ○ It'll be in Port Townsend

WISe Data Sharing	• Trends in Data
	  ○ Family Challenges
	  ○ Family Stress
	  ○ Caregiver Mental Health
	  ○ Resilience	

Discussion	• Share your Story	• Families shared about how their story connected them with FYSPRT
		  ○ Some through the "Share your Voice" Flyer
		  ○ WISe family peers
		• A family from out of state shared how joining FYSPRT after moving made that transition feeling less lonely

Discussion	• Self-Care while experiencing Behavioral Health Crisis	• Vasovagal reset- Ice, Sour Candy • Space to yourself and separating when you need it and not "pushing through"

		• Knowing yourself and listening to your body- being able to check in with yourself • Having a village to not only model self-care and reminding them that it's necessary • Taking care of yourself (personal hygiene and clothing) • A reminder to people is that when using other people as a "sounding board" be mindful if they are able to be that for you • Meal together that was planned out and is meant to bring each other together • Self-Care can look as simple as making you are taking care of your needs

AD Hoc		• Question asked
		  ○ Does KMHS have EMDR services?
		  ▪ Jennifer Roach will ask and then let Jessie know
		  ○ NuroBio Feedback as an option
		  ▪ A member has questions about if there was a provider in the region
		  ▪ Seattle NTC was provided as an options
		  ○ Thomas Sowell – The late Talking Child
		  ○ Speech Language Pathologist

Stipend Requests	REMINDER: Please have your stipend request submitted by 5th	

Next Meeting	September 29th, 2025 3-5pm Sylvan Way Library- Heninger Meeting Room	